

## Summertime Meals and Snacks Help Trim Weight

*By J. Ransom, HRSQ*

Summertime is a great time to lose some “extra” weight by making some healthy lifestyles changes. Small changes, when made consistently, such as eating more fruits and vegetables and beginning a regular “walk or stretch on your break” exercise routine can have a positive impact.

Choosing more nutritious snacks, preparing light meals and reducing portion size are good weight management tools. The KDHE Health and Wellness Committee is sponsoring a nutrition education course “Slimming Summertime Meals & Snacks” for employees beginning at noon on July 12 and 19 in the CSOB, IT Video-conference Room, Suite 10. This course is also being made available to district offices and Division of Health and Environmental Laboratories employees via video-conference on both days.

Lisa Martin, RD, LD, K-State Extension, Shawnee County and her staff will be instructing this course. There is no cost to participate; however, pre-registration is required to keep the class size manageable. Additional health and wellness courses are being planned by the Health and Wellness Committee and will be videotaped and cataloged as a resource.

The video-conference room is wheelchair accessible. To accommodate employees who are limited to a half-hour lunch period, the course is presented in two half-hour sessions. Additional time will be available for questions and discussion following the course. For registration, please contact J. A. Ransom at 785-296-1229 or e-mail: [jransom@kdhe.state.ks.us](mailto:jransom@kdhe.state.ks.us).